

Pastor's Corner

Minimalism - The Art of Less

"Years ago, when I heard 'minimalism' the metaphoric thought that came to my mind was all things white, an almost empty space; no possessions, and perhaps even isolation," says Archana Chkravathy. "The urge was to give up on everything and prove to be a minimalist."



But then it took me some years to understand the true essence of minimalism." Swami Sadanand is an epitome of simple living, while the world has deified possessions and accumulation. He inspired everyone who came in contact with him. The barefoot sanyasi worked in a predominantly Hindu area and adopted the sanyasi dress and lived a very simple life. His one focus was God and believed that through the simple life, imitating the life of Christ, he offered all to God. "The more we simplify our desires, the more we amplify our peace", he once said. The detachment from worldly possessions or even better, living with what you need and not a glamorous lifestyle. It takes a concerted effort and commitment to live the simple life with minimalistic possessions.

Fr. Dr. C. P. Varghese says that "Minimalism is an antidote to the throwaway society. The characteristics of a throwaway society is rapid consumption and disposal of goods; a desire to acquire more and more new goods; short-lived and single use. Among the numerous negative effects of this 'Use and Throw Culture' are resource depletion, environmental pollution, climate change and loss of biodiversity. In contrast to this he says is 'Minimalism' which is a culture of reverence. It values the human person as the most supreme entity that needs to be appreciated and cherished."

Maria Shruthi Rao presents the art of simple living in a simple conversation level. Let's read on.

Manya: Good morning grandpa. You know what? Since I'm done with my exams I am going shopping with my fiends today. Mom's given me 5000/- to buy whatever I want. But as I sit down to think, I'm quite confused about what to buy. It feels good when I get something new; but sometimes I feel like I have too much. My closet is full, yet I always feel like I need more. Why is that?

Grandpa: Ah my dear, that's the illusion of abundance. We think more will make us happier; but often, it just makes life more complicated. Let me tell you a secret – less is more!

Manya: What? Less is more? That sounds strange.

Grandpa: Think of your favorite dress. Why do you love it?

Manya: Because it fits perfectly, it's comfortable, and I feel good wearing it.

Grandpa: Exactly. Now imagine if your closet was full of only things you truly loved and needed. Wouldn't getting dressed be easier and more joyful?

Manya: That does make sense. But shopping is fun!

Grandpa: Of course, but do you shop because you need something or because you want to feel good for a moment?

Manya: I guess... Mostly to feel good!

Grandpa: That's where the trap is. The joy of owning something new fades quickly, but the burden of clutter remains.

Manya: I never thought about it that way grandpa. So how much is enough?

Grandpa: Well, minimalism is not about having nothing. It's about having only what truly matters. When we have less, we appreciate more. True fulfilment isn't in what we own, but in what fills our soul.

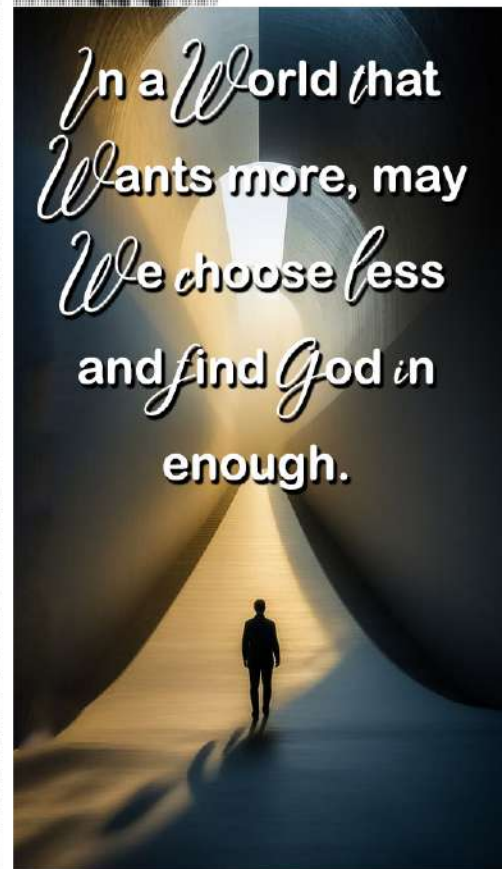
+ Lumen, CSC

"LIVE
SIMPLY SO
OTHERS
MAY
SIMPLY
LIVE."

-Mother Teresa



In a World that
Wants more, may
We choose less
and find God in
enough.



Editorial

J. Pulinthanath, SDB



The Eucharist: Our Centre

On 9th November, our Diocese will once again come together for its annual Eucharistic Procession, to be held this year at Khumulwng ADC HQ. This beautiful tradition, begun in 2009, has grown steadily over the years—both in scale and in spirit. What began as a modest act of faith has now become one of the most awaited events in the diocesan calendar.

Each year we see visible growth—more participants, better organization, and a deeper sense of unity and devotion among the faithful. It is heartening to note that this is one major event that is organized and animated primarily by the Catholic laity of Tripura. Their dedication, collaboration, and hard work are clear signs of an active and maturing faith community.

Several factors have helped this growth—improved roads, better communication, and the arrival of train services have made it easier for people from across the Diocese to travel and participate. Despite the many constraints that still remain—limited resources, distances, and weather challenges—the Eucharistic procession has now become a significant public witness of faith in Tripura.

Yet, as we celebrate these signs of growth, we are also reminded of our greater challenge—to ensure that this event remains not merely an external show of numbers or organization, but a profound experience of faith. The Eucharist is, after all, the very heart of our Christian life. To make the procession truly meaningful, there is a need for adequate spiritual preparation—through prayer, catechesis, and especially the Sacrament of Reconciliation. Parish communities and Small Christian Communities can play an active role in preparing hearts to receive the Lord worthily and joyfully.

The Eucharistic procession is more than a ritual walk—it is a journey of faith and witness. As we walk behind the Blessed Sacrament, we proclaim to the world that Christ is truly present among us. It reminds us that we belong to one family of faith, united in the love of Christ and nourished by His Body and Blood.

We do all we can to retain the centrality of the Eucharist in our celebrations, not as a standalone single annual event, but the culmination of a series of Eucharistic devotions across the Diocese—adorations, catechetical sessions, and parish-level initiatives that deepen our understanding of this great mystery.

As we look forward to 9th November at Khumulwng, may this year's procession renew in each of us a greater love for Jesus in the Eucharist, and strengthen our resolve to live as His witnesses in the world.

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Cathedral Parish

3-day Bible Camp



The St. Francis Xavier Cathedral Parish, organized a lively 3-Day Bible Camp for children from 29th September to 1st October at St. Joseph Hall with the theme "Growing in Faith, Walking with Jesus." The Camp was inaugurated by Mrs. Jaba Debbarma, with Sisters and animators leading the opening.

Day 1 highlighted "God loves me, I am His child" through Bible classes, action songs, creative activities, and a quiz on Creation and God's Love.

Day 2, themed "Jesus, my Friend and Saviour," featured skits on parables, altar server training by Fr. George, cultural practices, and Bible Quiz Round II on the Gospels.

On Day 3, the children animated the Thanksgiving Mass, actively participating in choir, readings, and offertory, followed by a cultural program and festive lunch. Special thanks to Fatima Sisters, MC Sisters, Holy Cross Sisters, parish volunteers, and parents for their dedicated support. The camp truly enriched the children's faith and joy in walking with Jesus.

Fr. S. George

Kamaranga Parish

First Holy Communion:

A Sacrament of spiritual nourishment



St. Raphael Parish Kamranga celebrated the Parish Feast on 27 and 28 September. The Feast started on 27th with the Parish Sabha. The Parish Council secretary Mr. Milan Halam welcomed the parishioners, especially the leaders from different Sub stations. The Parish Priest Fr. Ivan D'Silva, SVD offered a prayer at the start of a gathering. This prayer often serves to spiritually prepare the community and invoke guidance for the event's activities, ensuring it runs smoothly and achieves its intended purpose of communal worship and celebration. Leaders from different

mondolis gathered to discuss reports, share successes, and detail challenges. Topics included leadership development, navigating community needs, addressing issues like time constraints and commitment, and adapting to societal changes. The evening was filled with cultural competitions, and numerous villages showcased their unique and creative traditions. The next day was the Eucharistic celebration, during which twenty-two children received first Holy Communion, a special day that celebrates a child's deepening relationship with Jesus Christ. They prepared themselves well with the Sacrament of Reconciliation. They wore white dresses and felt a sense of excitement and reverence as they approached the altar to receive the Lord for the first time. The Parish Priest thanked everyone, especially those who prepared the little ones, and wished all a happy feast.

Ivan D'Silva, SVD

Kumarghat Parish

Bible Camp



From September 28–30, St. Paul's Parish, Kumarghat, organized a spiritually enriching Bible Camp with the theme "Love and Share the Good News." A total of 216 children participated enthusiastically, making it a vibrant faith experience. The camp was animated by 10 Holy Cross seminarians, Fatima Sisters, MC Sisters, Mr. Roitua Darlong (Parish Secretary), and Mr. Subiah Debbarma (Catechist), with the full support of the parish community. Activities included a rosary procession, a Biblical movie, Bible and Church sessions, and Bible quiz and skit competitions. The Holy Eucharist on the second day was celebrated by Most Rev. Lumen Monteiro, CSC, our Bishop, who encouraged the children to live the Gospel with joy and courage. The concluding Mass was presided over by Rev. Fr. Kanikkai, CSC. We thank Fr. Kanikkai and Fr. Sharon for administering Reconciliation. The Camp ended joyfully with lunch on September 30, leaving everyone spiritually renewed and eager to share the Good News.

Fr. Francis Xavier, CSC, Asst. Parish Priest

Bodhjungnagar Parish

Joseph Bodol Sangho



To be honest, for a considerable number of years {say, from Corona}, the already-existing

Joseph Sango was inactive. The Parish Pastoral Council Meeting, held in August, looked into the matter seriously and decided to revive the dying-sango. Accordingly, the Catechists and the mondoli leaders systematically planned for the Annual Gathering of Joseph Sango. The Members of Joseph-Sango are the married men of the Parish {from each sub-centre}. One of the Catechists will be their Animator, under the Patronage of the Parish Fathers.

It was Sunday 12th October. The Parishioners and the members of Joseph-Sango, gathered in good number for the Sunday Service, at the Parish Centre. After the solemn Eucharist, the 75 plus registered Members of Joseph-Sango, began their Annual Meeting. The Catechists were the Resource Persons, who animated the Session. Input Sessions were given on Leadership, and on the duties and services of Joseph Sango. The Office-Bearers were elected. An Evangelization Team was also formed. They have decided to have their Annual Meeting on the Solemnity of St. Joseph {March 19} every year.

The Chronicler

Amarpur Parish

Athambhagya Chapel blessing



A day of great joy and gratitude was witnessed at Athambhagya, one of the substations of Amarpur Parish, as the newly constructed St. Peter Catholic Church was inaugurated and blessed on October 16, 2025.

The inauguration ceremony of the new church began at 10:30 a.m. with Very Rev. Fr. Sabu Francis, MSFS, Provincial of the Guwahati Province, officially declaring the church open. The blessing was then administered by Most Rev. Lumen Monteiro, CSC, DD, Bishop of Agartala Diocese, followed by the solemn celebration of the Holy Eucharist. After the Mass, a short gathering was held for the felicitation programme, where the faithful expressed their joy and gratitude.

More than 300 faithful from various villages, along with several priests, religious sisters, and well-wishers, participated in the celebration. The event marked a truly historic and faith-filled moment for the Molsom Catholic community. Their long-cherished dream of having a church of their own finally became a reality—a visible sign of their unity, perseverance, and deep faith in God's providence. The day concluded with heartfelt thanksgiving and fellowship among all who took part.

Fr Lijeesh Mathew msfs, Parish Priest

Kailashahar Parish

Blessing of new Chapel at Tachaibagan



Tachaibagan is one of the seven stations under St. Ignatius Loyola Parish, Kailashahar. Though the mondoli was established in 1993, the faithful did not have a proper place of worship for over three decades. The long-cherished dream of the few Urang Catholic families finally became a reality on October 21, 2025, when Most Rev. Lumen Monteiro, CSC, Bishop of Agartala, blessed the newly built chapel at Tachaibagan.

This beautiful chapel stands as a symbol of faith, perseverance, and unity among the small Catholic community. It was generously sponsored by the parishioners of Christ the King Parish, Kozhikode, Kerala, whose missionary spirit and support made this dream possible. The blessing ceremony was attended by priests, religious sisters, and parishioners of St. Ignatius Loyola Parish, along with many local well-wishers.

The people of Tachaibagan expressed their heartfelt gratitude to Bishop Lumen Monteiro for his constant encouragement and fatherly guidance, and to all benefactors who contributed to this noble cause. The joyous occasion concluded with heartfelt prayers, fellowship, and thanksgiving, marking a historic milestone in the faith journey of the community.

Fr James, SJ

Moharpara Parish

Jubilee Memorial Houses for the Poor

Rabi Charan Debbarma, Champalai kami



Bijoy Debbarma, Khasiamangal



On September 28, 2025, a heartwarming event took place in two villages—Champalai and Khasiamangal—marking the inauguration and blessing of two Jubilee Memorial Houses for the poor. These houses, built for Mr. Robi Choron Debbarma (Champalai Kami) and Mr. Bijoy Debbarma (Khasiamangal Para), stand as a visible sign of God's love made real through the generous contributions of the faithful of Moharpara Parish. Both houses were inaugurated and blessed simultaneously by Fr. Arbok CSC and Fr. Newton CSC. At the end of the ceremony, the keys were handed over to the families, symbolizing the official transfer of their new homes. The successful completion of this project highlights the deep faith, generosity, and unity of the Moharpara faithful—a concrete expression of their Parish Jubilee celebration. By contributing their "little amount," they turned compassion into action, embodying the true spirit of Christian charity and setting a shining example for all.

— Fr. Newton Basumatari, CSC

Jampuijala Parish

Parish Feast and Silver Jubilee of Thelakung Motha



The Parish Feast of Our Lady of the Rosary and the Silver Jubilee of Our Lady of Fatima Church, Thelakung, were joyfully celebrated on October 11–12. Bishop Lumen Monteiro CSC graced the entire celebration, inaugurating it by hoisting the flag and lighting the lamp. During the Parish Sabha, he offered pastoral guidance, and Mr. Sukanta Debbarma gave an inspiring talk on Catholic family life. On October 12, Bishop Lumen celebrated the Feast and Jubilee Mass, administering Confirmation to 98 and First Communion to 12 children.

— Fr. Babu Paul, SJ

FIRST SUNDAY OF ADVENT

COMMUNIO

NOVEMBER 30, 2025

Sunday

5 WAYS TO CELEBRATE COMMUNIO SUNDAY

- 1. Pray:**
 - Celebrate the Holy Mass for missionaries in India.
 - Pray for all mission works.
 - Add special prayers of the faithful.
 - Encourage every family to offer prayers today for our missionaries.
- 2. Educate:**
 - Read or explain the Communio Sunday Circular to the faithful.
 - Help them understand the missionary activities of the Latin Church in India.
 - Share information about the mission dioceses and their needs.
- 3. Solidarity:**
 - Show solidarity with our brothers and sisters in places where the Church is young and poor.
 - Foster a spirit of sharing by taking up a special offering to support missionary work.
 - Remind the faithful that every contribution—big or small—matters.
- 4. Encourage:**
 - Inspire missionary vocations among the faithful.
 - Remind everyone that every baptized person is called to be a missionary disciple.
 - Emphasize living and sharing Christ's love wherever they are.
- 5. Celebrate:**
 - Mark Communio Sunday with missionary events, exhibitions, and testimonies.
 - Honour families who have offered members to serve as priests, religious, or lay missionaries.

comunio
CONFERENCE OF CATHOLIC BISHOPS OF INDIA

Youth Commission of the Diocese 10th Diocese Youth Convention



The 10th Diocesan Youth Convention of Agartala Diocese, themed "Pilgrims of Hope," was held from October 2–5 at St. Xavier's H.S. School, Pathaliaghat, gathering around 1,300 youth from across the diocese. The four-day event featured inspiring sessions, cultural performances, Adoration, Reconciliation, and a panel discussion on Youth and Social Media. Bubagra Pradyot Manikya Debbarma motivated the youth to uphold their values. The convention concluded with a solemn Holy Eucharist celebrated by Bishop Lumen Monteiro, leaving the youth renewed in faith and hope.

– Fr. Derrick Augustin, ADYD

Women Commission of the Diocese 7th National Conference & Pilgrimage of CCBI Commission for Women



The 7th National Conference and Pilgrimage of the CCBI Commission for Women was held at the Velankanni Basilica, Tanjavur, from September 29 to October 1, 2025, marking the Jubilee of Women 2025. Over 1,400 women, including 22 from Agartala, participated in prayer, adoration, learning sessions, and cultural programs. The event highlighted the vital role of women in the Church, with inspiring talks by Church leaders and moving spiritual experiences. The participants returned spiritually renewed, grateful for the opportunity to celebrate faith and womanhood in the spirit of the Great Jubilee.

Sr. Veronica, FS

YCS Students from Agartala Diocese 2nd Regional YCS-YSM Convention 2025



Twelve YCS delegates from Agartala Diocese, along with Chaplain Fr. Derrick and Lady Animator Ms. Sandhya Hrangkhawl, attended the 2nd Regional YCS-YSM Convention 2025 at Don Bosco School, Guwahati, from October 17–20.

The theme, "Gen Z Pilgrims of Hope: For a Holistic and Sustainable World," inspired all through sessions, workshops, adoration, and cultural programs. Two delegates from Agartala—Varmawi Hrangkhawl and Dominic Uchoi—were selected for the Regional Executive Council. The group thanked Bishop Lumen, Fr. Derrick, and Ms. Sandhya for their support and guidance throughout this enriching and faith-filled convention.

– Daniel Kaipeng, YCS Member, Holy Cross H.S. School, Depacherra

Retired Employee's Mission Sunday at Nunacherra



It was a joyful day for the people of Nunacherra under Moharpara Parish as members of DARE (Diocese of Agartala Retired Employees) visited on October 26 to celebrate Mission Sunday.

The Holy Eucharist was offered by Fr. Bosco Lathees, Laity Advisor, followed by an interaction with the faithful. Dr. Vincent T. Darlong, DARE Advisor, guided the villagers on spirituality, health, and their missionary responsibilities. The team distributed blankets, mosquito nets, buckets, and sanitary napkins to around 60 villagers, spreading love and care through their generous outreach.

– Mrs. Geeta Debbarma

News Bytes from all Over

Nobel Prize Winners in Chemistry for 2025



The Royal Swedish Academy of Sciences has decided to award the 2025 #NobelPrize in Chemistry to Susumu Kitagawa, Richard Robson and Omar M. Yaghi "for the development of metal-organic frameworks."

Courtesy NDTV News

Nobel Prize for Peace 2025

Maria Corina Machado bags The Nobel Peace Prize for Promoting Democratic Rights in Venezuela



Caracas, 10 October, 2025 – Venezuelan opposition leader Maria Corina Machado wins the 2025 Nobel Peace Prize for her unwavering efforts to promote democratic rights and freedoms for the people of Venezuela.

Machado, a prominent figure in Venezuela's opposition movement, was recognized for her courageous leadership in advocating for free and fair elections, human rights, and the restoration of democracy in the face of government crackdowns.

Despite being barred from running for president in 2024 and facing threats, she mobilized widespread support, including through the "Maria Corina Machado" primary process that selected Edmundo González as the opposition candidate.

The Nobel Committee highlighted her role in uniting Venezuelans against

against authoritarianism, stating that her work embodies the prize's spirit of fostering peace through democratic participation. Machado's acceptance, delivered virtually from hiding, emphasized, "This award belongs to the millions of Venezuelans who have never given up on freedom."

The announcement comes as Venezuela grapples with ongoing protests and international calls for transparency following disputed July 2024 elections. Machado's recognition is seen as a boost to the global push for democratic reforms in Latin America.

Source and Image Credits : NDTV World

Nun from NE Wins Church recognition for Promoting Wellness at the Grassroots



Sr. Rose Paite, MSMHC, from Singnat, Manipur, received the National Award from the Catholic Mental Health Ministry (CMHM) under the CBCI Office for Healthcare during the World Mental Health Day Conference.

Presented by Archbishop Thomas Tharayil, the award honors her 25 years of service empowering women, children, and marginalized communities. A pioneer in preventing human trafficking and promoting safe migration, Sr. Rose was recognized for her commitment to mental health advocacy and holistic well-being. Her recognition inspires India, especially the North East, to integrate mental wellness in daily life.

Source Catholic Connect

Seeds distribution for Single Women



During the months of September and October, seed distribution program was organized under the Single Women Project to support income generation through farming. The initiative was carried out in various places, including Kathercherra, Paharpur, Borkathal, Gandacherra, and others. The main goal of the program was to empower single women by helping them improve their livelihoods through sustainable farming practices. High-quality and high-yielding varieties of seeds were distributed to the beneficiaries to promote organic farming, kitchen gardening, and crop diversification. These seeds are expected to help the women increase their household income and reduce their dependence on external sources for food. The initiative not only provides economic support but also encourages self-reliance and confidence among single women. By engaging in farming and kitchen gardening, they are able to use their available land effectively and produce fresh vegetables for both household use and sale. The program has been well received by the beneficiaries, who expressed gratitude for the timely support. Overall, the seed distribution program has been a meaningful step toward strengthening the livelihood and resilience of single women in these communities.

**Leadership Training
to Empower community members in Karbook**



A day Leadership Training program was held at Karbook, Gomati District, to help community members understand and develop leadership skills. The training was attended by villagers, youth representatives, and Self-Help Groups members who are active in community development. The session was facilitated by Mr. Ashim Uchoi, Assistant Inspector of Schools. The program began with an introduction to the concept of leadership. Mr. Uchoi explained that true leadership is about service, teamwork, and responsibility—not power or authority. He gave real-life examples of villagers who showed leadership through helping others, solving local issues, and organizing community work. Participants learned that good leaders are honest, fair, and cooperative. Through group discussions and activities, they discovered that leadership can be practiced by anyone who sets a good example—by keeping the village clean, helping neighbours, or joining community meetings. The training also focused on building confidence and decision-making skills. Participants shared problems faced in their villages and worked together to find solutions. By the end of the session, many participants expressed that they felt more motivated and confident to take leadership roles. They appreciated the simple and practical approach, which inspired them to contribute more actively to their communities.

Mr. Robert Lushai

Our Distinguished Guests

- Sr. Janitha, RMI & Sr. Rajini, RMI
- Sr. Joicy, FS Regional from Guwahati
- Sr. Charlotte Wagner, CSC President from USA
- Sr. Veronica, CSC General Secretary from USA

Bishop's Program for November 2025

02-22: Rome, Spain and Germany
22 : Parents Day, Karbook
23 : Christ the King Parish Feast, Depacherra
28-30: Centenary celebrations, Aizawl